

WATCHFUL WAITING
FOR
PEOPLE WITH
MINOR DEPRESSION
OR
DISTRESS

PROGRAM WORKBOOK

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INTRODUCTION

This workbook contains information to help you and the nurse work together. Please look it over. In the next telephone call, the nurse would like to go over Sections 1 and 2 with you and also discuss how to use the rest of the materials contained in the workbook.

SECTION 1

WHAT IS MAJOR DEPRESSION?

You are participating in this study because you reported that you have some symptoms of depression. It is important that you are aware of and understand the different types of depression. Understanding this will allow you to recognize whether your symptoms are improving, staying the same or getting worse. When you are able to track your symptoms, you and your health care provider can make informed decisions about your care and evaluate the need for treatment.

The most important type of depression is what doctors call Major Depression. It is a common medical disorder that occurs in 1 in 20 people every year. It affects a person's mood, thoughts, behavior and physical health. Major Depression can greatly hamper a person's ability to engage in and enjoy life.

Most individuals occasionally experience depressed moods, sadness, "the blues" or feeling "down in the dumps". We all will periodically experience feeling of depression as reactions to life's stresses. These are normal and usually temporary reactions to unhappy events. These sad moods are usually short lived and we continue to function normally. Depression becomes an illness when these symptoms and reactions are intense, last too long and are accompanied by disability. When a person has at least 5 or more of the following symptoms, nearly every day, for at least 2 weeks or more, doctors call this Major Depression.

- A depressed, low, or sad mood
- A loss of interest or pleasure in all or most activities
- Sleeping problems (too much or too little)
- Problems concentrating or making decisions
- Loss of energy or feeling easily fatigued
- Feeling worthless or guilty

- Changes in appetite (eating too much or too little)
- Recurring thoughts of death or suicide
- Feeling restless or slowed down

Depression can sometimes be triggered by things such as:

- Medical problems such as low thyroid or vitamin deficiencies
- Drug and alcohol use
- Certain prescription medications
- Other mental health conditions
- Extreme stress or profound loss

A family history of depression also makes people more at risk to develop depression. Sometimes depression just happens even when life seems to be going well.

When a person has Major Depression he or she can't seem to "pull themselves out of it" and often has difficulty dealing with usual activities. Doctors believe those who experience Major Depression need and will benefit from treatment. In severe cases, treatment can be life saving.

SECTION 2

THE DIFFERENCES BETWEEN MAJOR AND MINOR DEPRESSION

People can experience different types of depression- two types are called Major Depression and Minor Depression. Section 1 provided information about Major Depression. Experts in the field of mental health believe that people experiencing Major Depression should be treated with talk therapy, medication or a combination of both. You are participating in this study because you have some symptoms of depression, but not Major Depression.

Sometimes, people experience higher levels of distress for a while without having any type of psychiatric diagnosis. Other people experience what doctors call Minor Depression.

Minor Depression is less severe than Major Depression. It shares some, but not all, of the same characteristics as Major Depression. It is estimated that approximately 7.5% of all Americans will experience Minor Depression at some point in their lifetime. When a person is diagnosed with Minor Depression, he or she experiences fewer and less severe symptoms than what we see in Major Depression.

Minor Depression can take several different courses. For some people it goes away on it's own. For others, it could last for a long time and, if left untreated could turn into Major Depression. The investigators in this project believe that Minor Depression should be treated if it lasts longer than 2 to 3 months.

Minor Depression is defined as either having a depressed mood most of the day or a lost of interest in all or most activities, lasting at least 2 weeks. In addition, a person must also have at least 2 of the same symptoms that were listed for Major Depression. Let's review these symptoms again. They are:

- Sleep problems
- Problems concentrating

- Loss of energy or easily fatigued
- Feeling worthless or guilty
- Changes in appetite
- Thoughts of death or suicide
- Restless or feeling slowed down

Sometimes Minor Depression may be overlooked or be seen as unimportant. It may seem difficult to recognize it because it may not seem very dramatic or severe. People with Minor Depression can usually continue to perform their roles in life, and do what needs to be done. However, even though they are able to function, everyday tasks can seem like a burden and there is often a feeling of having to “push yourself” to get things done or have to work harder at it. Also, people with Minor Depression may not enjoy things as much as they usually do. Even when they go ahead with their usual activities, they may feel like they are just “going through the motions” and not really experiencing as much pleasure as in the past.

As previously mentioned, it is important to keep track of the symptoms of Minor Depression, since they could get worse over time. Sometimes Minor Depression worsens so slowly that people may miss important signals or symptoms. When these symptoms are not addressed they can become more severe.

In addition to a slow worsening of symptoms, there can be additional blocks that interfere with our ability to monitor sad or depressed moods. Sometimes people feel “too embarrassed” to talk about feeling depressed. Holding these feelings in can act as a barrier. In the long run, people with Minor Depression may find themselves cut off from coworkers, friends, and loved ones. This could cause the person to withdraw from others, causing increased isolation and emotional pain. Friends, family, or health care providers can, in fact, be very helpful in assisting people with Minor Depression to monitor their feelings or other symptoms. Sometimes others are able to identify changes in moods or behaviors that the depressed person is not able to see or feels uncomfortable expressing.

One of the goals of participation in this study is to assist people with Minor Depression in becoming increasingly aware of when it may be necessary to get further assistance or treatment. As a general rule, a person with Minor Depression should seek help from their doctor or mental health professional when:

- The symptoms linger on and on
- They experience new or additional symptoms
- The symptoms lead to disability
- They have suicidal feelings
- The symptoms become worse

Participation in this study will let us work together to monitor your symptoms. During the course of the study, you will have the opportunity to review educational materials as well as some suggested strategies for dealing with symptoms and other common problems associated with Minor Depression. The educational materials are contained in this workbook. The nurse will discuss with participants which of the suggested activities or strategies may be of interest to you.

Some researchers have found that education about depression as well as writing about problems and negative thoughts can help fight against depressive symptoms. Sections 1 & 2 give definitions of different types of depression. Section 3 outlines a way to work with self-defeating thoughts. Section 4 provides encouragement for increasing pleasurable activities and Section 5 offers techniques for problem solving. Section 6 includes suggestions for managing specific symptoms that sometimes go along with feeling depressed. Section 7 contains a list of resources where participants can get more information about depression and Section 8 addresses coping strategies for other life challenges and a weekly mood log.

SECTION 3

YOUR THOUGHTS CAN AFFECT YOUR MOOD

Certain thoughts can create or maintain a depressed mood. Research has found that people who are depressed tend to engage in negative or unhelpful thinking. If you can change the way you view a negative situation, your mood often improves and your symptoms of depression can be reduced. Let's see how negative events in your life create and cause you to hold onto certain thoughts.

Step 1: Write down the difficult or upsetting event: Example:
-My friend cancelled our daily walk 3 times this week!

Step 2: Write down what thoughts you had about the event: Example:
-Maybe he doesn't like me any more. Why would he? I'm not as energetic or interesting as I used to be... I feel like a "nobody".

Step 3: Write down one or more "alternate" ideas about the event: Example:
-He's been running a lot of errands since his wife got out of the hospital last week.
-He has arthritis and doesn't like to talk about it; maybe he's in pain.

Step 4: Write down an alternative thought, feeling and action about the situation. Example:
-Maybe he's too tired or in pain to walk this week. I feel a little disappointed, but I could take a walk at my own pace and take a route that I like.
-I feel kind of lonely walking without him, maybe we could run errands together, that way we could spend time together and get things done.

APPLY THIS TO A SITUATION IN YOUR LIFE

1. Write down the difficult or upsetting event.

2. Write down the thoughts you had about the event.

3. Write down one or more alternative ideas about the event.

4. Write down an alternative thought, feeling and action about the situation.

SECTION 4

YOUR BEHAVIOR CAN AFFECT YOUR MOOD

It may be challenging for you to enjoy things or pamper yourself if you have lost interest or pleasure in some of the activities you used to engage in. Research has found, however, that if people who are depressed can increase their level of pleasant activities on a daily basis, then their mood often improves and their symptoms of depression are reduced.

Write down the kinds of activities you like doing. Include things you are currently doing and those that you have stopped doing but enjoy. Indicate how often you are currently doing this activity by circling a letter.

| | Seldom/ Never | Often | Regularly |
|----------|------------------|-------|-----------|
| 1. _____ | S | O | R |
| 2. _____ | S | O | R |
| 3. _____ | S | O | R |
| 4. _____ | S | O | R |
| 5. _____ | S | O | R |
| 6. _____ | S | O | R |
| 7. _____ | S | O | R |
| 8. _____ | S | O | R |

These are examples of what interests some people: Being with someone you love; Listening to music; Gardening; Reading a good book; Solving crossword puzzles; Calling a friend; Looking at beautiful scenery; Going out to lunch; Taking a drive; Completing a project or task; Spiritual or church activities.

Think about the activities you listed. Which of these can you do more often? Which are affordable? Which are under your control?

Please try to arrange your schedule this week to include more of these activities.

SECTION 5

HOW TO SOLVE PROBLEMS

There are times when our negativity or depressed mood can cause us to feel overwhelmed, making it difficult to see clear solutions for ourselves or life situations.

So, the purpose of this section is to give you a formula and examples for problem solving everyday situations. The basic idea is to break up situations that seem complicated and turn them into easier, “workable” pieces.

Since much of our life revolves around relationships, we will focus on “interpersonal” problems.

The Steps of Problem Solving Are To:

1. Describe the problem in specific terms
2. Write down several solutions
3. Pick out one solution or combine solutions
4. Try the Solution out for a certain period of time
5. Check to see if the solution works; if not return to the Beginning

Let's take a look at an example of how this might look on the next page.

Problem Solving Example

1. Describe the problem in specific terms
2. Write down several solutions
3. Pick out one solution or combine solutions
4. Try the solution out for a period of time
5. Check to see if it works, if not return to #1 & #2

Step 1

Describe the problem:

Example

My wife constantly nags me and sometimes in front of other people about sticking to my diet. I don't like it when she does that! I feel like I'm always being watched and it is embarrassing!

Step 2

Write down several solutions:

- Ask my wife if she can mention it in private.
- Ask my wife to mention my diet only once a day. If she mentions it more than once, just say "Thanks, you don't need to remind me."
- Tell my wife it makes me uncomfortable when she complains about me in front of others and ask her to only mention it to me.
- Remind myself that she says this because she cares about me.
- If I start to get angry or upset, I can take a walk or work on a hobby.
- When I feel calmer I try to talk to her about it.

Step 3

Pick one or more solutions:

When she starts to nag I'll try the first plan and if it continues, I'll try the last one.

Step 4

Try the solution for a period of time:

I'll try this for one week.

Step 5

Evaluation:

I don't think she mentioned it as much.

Apply this to a Situation in Your Life

1. Describe the Problem:

2. Write Several Solutions & Pick one or Combine Them:

A. _____

B. _____

C. _____

3. How will You Know If You Succeeded?

4. How Long Will You Try This?

5. Did the Solution Work? If Not, Return to #1 & 2

SECTION 6

SUGGESTIONS FOR MANAGING
SPECIFIC SYMPTOMS

STRATEGY FOR SYMPTOM MANAGEMENT OF: YES/NO COMMENTS: Did it work or not? Why?

| | | |
|---|--|--|
| APPETITE: EATING TOO LITTLE EATING TOO MUCH | | |
| 1. Eat a balanced and healthy diet using all different foods. | | |
| 2. Try small, more frequent meals rather than three large meals. | | |
| 3. Eat what you like best. | | |
| 4. Choose a variety of fruits, vegetables, and fish. | | |
| 5. Focus on complex carbohydrates (pasta, bread, potatoes, & cereal) Avoid simple carbohydrates (candy, cake, cookies and snack foods.) | | |
| 6. Drink plenty of water and juices. | | |
| 7. Avoid stimulants. | | |
| 8. Check with your doctor re: supplementing with vitamins, Ensure, or Glucerna. | | |

STRATEGY FOR SYMPTOM MANAGEMENT OF: YES/NO COMMENTS: Did it work or not? Why?

| | | |
|--|--|--|
| <i>ANXIETY</i> | | |
| 1. Take ten deep breaths. Inhale through your nose and exhale through your mouth. | | |
| 2. Use self-talk that reassures present safety. Find a quiet place & sit down. Close your eyes & repeat to yourself "I am safe" or "It's OK" | | |
| 3. Determine what stressors can be changed by you and change them (use problem solving) | | |
| 4. Call a friend. Talk about the anxiety and how you can decrease it. Or simply talk about non-stress topics. | | |
| 5. Watch a favorite video. Read a favorite book or poem. | | |
| 6. Laugh! Humor is the best stress reliever. | | |
| 7. Pet a dog or cat. | | |
| 8. Give yourself a change of scenery. | | |
| 9. Write down and think about 3 positive things everyday. | | |

STRATEGY FOR SYMPTOM MANAGEMENT OF: YES/NO COMMENTS: Did it work or not? Why?

| | | |
|---|--|--|
| <u>SLEEP PROBLEMS</u> : <u>TOO MUCH / TOO LITTLE</u> | | |
| 1. Have a consistent wakeup time each morning. | | |
| 2. Develop a regular exercise schedule. (A strategy guide is supplied to you from the program). | | |
| 3. Avoid drinks containing caffeine (coffee, tea, and some sodas). Avoid drinking alcohol. | | |
| 4. Find a relaxing, calming activity right before bedtime such as: taking a bath, watching TV (sitcoms, nature show, etc.), or reading. | | |
| 5. Keep bedroom at a medium temperature and with minimal lighting. | | |
| 6. Have a light bedtime snack, especially with warm milk. | | |
| 7. Use pleasurable relaxing sounds in the bedroom (soft music or hum of a fan.) This can cut down the sounds of the outdoors. | | |
| 8. Consult your doctor regarding the short-term use of a sleep medication. | | |
| 9. Avoid taking naps during the day. | | |

STRATEGIES FOR SYMPTOM MANAGEMENT: YES / NO COMMENTS: Did it work or not? Why?

| | | |
|---|--|--|
| <i>LOW ENERGY OR FATIGUE</i> | | |
| 1. Break large tasks into bite size portions. | | |
| 2. Pace yourself. Set fewer goals and finish them. Then do more if you feel up to it. This will give you a sense of accomplishment. | | |
| 3. Ask for help when you need it. | | |
| 4. Rest often and for short periods. Rest when your body tells you. | | |
| 5. Schedule playtime into everyday. | | |
| 6. Keep an activities journal. This will help you see what and when you did certain activities in order gain confidence. | | |
| 7. Prepare for the morning the night before. | | |
| 8. Set priorities for your activities | | |
| 9. Find support from others. | | |

STRATEGIES FOR EFFECTIVE:

YES / NO

COMMENTS: Did it work or not? Why?

| | | |
|--|--|--|
| <i>EXERCISING</i> | | |
| 1. Take a walk at least once daily. | | |
| 2. Stretch your arms and legs several times a day. | | |
| 3. Put all joints through a range of motion daily. This can be done sitting in a chair. | | |
| 4. Find an exercise you like and do it. (ex. Jumping rope, swimming, walking, bicycling, and gardening.) Do this at least 3 times a week for 30 minutes. | | |
| 5. Encourage a relative or friend to do this with you. | | |
| 6. Consult your doctor to find out if it is safe for you to do certain exercises that are new to you. | | |
| 7. Don't ignore your own limitations. Stop if you are experiencing pain. | | |
| 8. Pace yourself so you don't run out of energy and become discouraged early. . | | |

SECTION 7

LIST OF RESOURCES

If you want to know more about the link between depression and unhelpful thoughts, you can go to your local library and ask for:

The Feeling Good Handbook. By D. Burns (1999) New York: Guilford Press.

Control Your Depression. By P. Lewinsohn (1986) Englewood Cliffs, Prentice Hall.

INTERNET WEB SITES

These web sites offer education on different types of depression, treatment and support.

www.ndmda.org

www.nimh.gov

www.dballiance

SECTION 8

COPING WITH CHALLENGING LIFE EVENTS

The following section focuses on other difficult areas in peoples' lives that may contribute to depressive symptoms or distress. The goal in this section is to help you become more aware of specific issues that may have a troublesome effect on your mood, thoughts and behavior. The issues covered In Section 8 include:

PART A. Coping with Pain and Disability

PART B. Grief & Loss

PART C. Problem Drinking

PART D. Stress

PART E. Weekly Mood Log

PART A

COPING WITH PAIN AND DISABILITY

Chronic pain is a part of many peoples' lives and can sometimes cause isolation, fear and overwhelm. The following information cited by *the* American Chronic Pain Association offers phases of addressing pain and corresponding suggestions for coping with it.

PHASE 1: Accept the Pain

Learn all you can about your physical condition. Understand that there may be no current cure and accept that you will need to deal with the fact of pain in your life. Do not dwell on the physical symptoms of pain.

PHASE 2: Get Involved

Take an active role in your own recovery. Follow your doctor's advice and ask what you can do to move from a passive role into one of partnership in your own health care.

PHASE 3: Learn to Set Priorities

Look beyond your pain to the things that are important in your life. List the things that you would like to do. Setting priorities can help you find a starting point to lead you back into a more active life.

PHASE 4: Set Realistic Goals

We all walk before we run. Set goals that are within your power to accomplish by breaking down larger tasks into manageable steps. Remember to take time to enjoy your successes.

PHASE 5: Know Your Basic Rights

We all have basic rights. Among these are the right to be treated with respect, ask questions, to say no without guilt, to do less than humanly possible, to make mistakes, and to not need to justify your words or decisions.

PHASE 6: Recognize Emotions

Our bodies and minds are one. Emotions directly affect physical well being. By acknowledging and dealing with your feelings, you can reduce and decrease the pain you feel.

PHASE 7: Learn to Relax

Pain increases in times of stress. Relaxation exercises are one way of reclaiming control of your body. Deep breathing, visualization and other relaxation techniques can help you better manage the pain you live with.

PHASE 8: Exercise.

Most people with chronic pain fear exercise. But unused muscles feel more pain than toned flexible ones. With your doctor, identify a modest exercise program that you can do safely like daily, mild stretching. As you build strength, your pain can decrease. Chances are you feel better about yourself too.

PHASE 9: See the Total Picture

Focus on abilities, not just disabilities. When this is done, you will begin to see that pain does not need to be the center of your life. By doing this you will see that you can live a normal life in spite of chronic pain.

PHASE 10: Reach out

It is estimated that 1 person in 3 suffers with some form of chronic pain. Once you have begun to find ways of managing your pain, reach out and share what you know. Living with chronic pain is an ongoing learning experience. We all support and learn from each other.

PART B

GRIEF AND LOSS

This section deals with Grief and Loss. Here you will have a chance to learn about the symptoms of grief and the tasks and techniques used for processing both.

What is Grief?

Grief is a feeling and process that is experienced within oneself upon the death of someone loved, or any other loss such as loss of a home, pet, finances, functioning, health, job, marriage or other types of relationships. Grief can last 3 months. Grief has a broad range of emotions, physical symptoms and behaviors that can be similar to those of depression. Examples of the ones that are similar to depression are sadness, guilt and anxiety, appetite and sleep disturbances, and loss of energy. But the experience of grief also has additional symptoms that are listed below. The other symptoms of grief include:

| | | | |
|-------|------------|------------------|-----------|
| Anger | Loneliness | Feeling Insecure | Shock |
| Shame | Numbness | Helplessness | Disbelief |

Also:

| | |
|---------------------------|--------------------|
| Hollowness in the stomach | Absentmindedness |
| Chest or throat tightness | Preoccupation |
| Shortness of Breath | Dreams of the Loss |
| Muscle Weakness | Crying |

Have you recently experienced any of these symptoms from a loss?
If so, which ones? How long have you had them?

Psychologists and other health professionals that have studied the grieving process have found 4 basic tasks to help people work through their grieving process. These tasks are listed below.

TASK 1: Accepting the Reality of the Loss

The work of this task is to face the reality that the person, thing or situation is gone and will not return.

TASK 2: Working Through the Pain of Grief

It is necessary to get the grief work done. Avoiding this work may lead to depression, which will eventually be more difficult to deal with than the loss, itself. Expressing your grief, such as crying, is not a sign of weakness. It is healthier to do this than push it away. Instead it is sign that the person is ready to work through the pain of loss.

TASK 3: Adjusting to an Environment Where Your Loved One or Situation No Longer Exists

This task means learning to redefine your role and the way you see yourself. Developing and learning new skills and new ways of coping as well as looking at the positives in your life benefit the griever. The goal here is to understand that the loss will be given new meaning and purpose. It won't completely disappear, but it will soften and become less painful in time.

TASK 4: Emotionally Relocating the Loss and Move on With Life

Hope will come as the griever is able to make a commitment to moving on with his or her life, with the knowledge that the loss will not be forgotten. Find an appropriate place for the loss in your emotional life. Grief and mourning are finished when people regain an interest in life, feel more hopeful and experience pleasure in adapting to new roles and situations.

Which task or tasks do you currently need to work on?

Useful Steps for Working Through the Grief Process:

Describe your loss:

Write or talk to others about your positive and negative feelings:

List the changes in your behaviors of life patterns:

Also Remember to:

Keep track of your gains.

Take time each day to relax, nurture and heal:

Identify guilty feelings, express them and forgive yourself.

Participate in family rituals.

Be in close contact for people who care about you.

Be open to learn new skills.

Which steps did you try? Which were successful?

PART C

PROBLEM DRINKING

The questions below are the types of information asked when people express concern about increased alcohol consumption. Answer the questions and then review your answers. If you have answered “yes” to a significant number of questions, it is recommended that you discuss your current drinking with the nurse.

Do you need to drink more to get the desired effect? Yes No

Is there diminished effect of drinking the same amount? Yes No

Have you ever experienced withdrawal symptoms when you attempted to stop drinking before? Yes No

Do you continue to drink to avoid withdrawal symptoms or to relieve withdrawal symptoms? Yes No

Have you ever desired or unsuccessfully attempted to cut down or stop drinking? Yes No

Do you drink larger amounts over a longer period of Time than you initially attended? Yes No

Do you spend a great deal of time attempting to obtain alcohol or recover from the effects of alcohol? Yes No

Have you reduced or given up social, occupational, or recreational activities due to your drinking? Yes No

Have you continued to use alcohol despite the knowledge that it is likely to exacerbate or cause a physical or psychological problem? Yes No

Have you recurrently been unable to fulfill major role obligations at home, work or school due to alcohol abuse? Yes No

| | | |
|--|-----|----|
| Have you put yourself in physically risky situations due to your alcohol use (driving drunk, etc.)? | Yes | No |
| Any alcohol related legal problems? | Yes | No |
| Any continued use of alcohol despite recurrent or persistent social or interpersonal problems (like fights with your spouse or friends)? | Yes | No |
| Have you ever had the need to cut down on your alcohol use? | Yes | No |
| Have you ever felt annoyed by someone criticizing your drinking? | Yes | No |
| Have you ever felt guilty about your drinking? | Yes | No |
| Have you ever had an eye-opener first thing in the morning to steady your nerves or get rid of a hangover? | Yes | No |

PART D

Stress

What is Stress?

In this part of the workbook you will have the opportunity to review what stress is, how it effects the body and mind, the sources and types of stress and practical ways to manage it.

Stress is what happens to your body and mind when any physical demand is made upon it. Stress is a normal part of everyday life and without it there would be no constructive activity. A certain amount of stress is useful. It keeps us alert, stimulates and challenges us to grow, learn and adapt. However, stress can become a problem and harmful if experienced too long over a period of time, especially when it is not managed well. When prolonged, stress can produce tensions serious enough to interfere with normal, daily activities.

Types and Causes of Stress

One of the major causes of stress is change, especially sudden or negative types of changes. These changes can be internal or external. Internal stressors involve our thoughts, perceptions, and emotional reactions to things. Examples of internal stressors are: perceiving that you are not liked, having too high expectations of yourself, believing that you have to do everything at once, trying to be the best and the inability to say “no”.

External stressors are outside situations that we have no control over and include things like: strained family relationships, work and time demands, lack of social relationships, loss, and environmental factors such as traffic jams or snow storms.

Physical and Mental Symptoms of Stress:

Individuals respond to stress in different ways. Certain situations that effect one person may not effect another in the same way. Some of the signs of stress that show up in the physical body are listed below and include:

Physical Symptoms

Increased heart rate
Fatigue
Labored breathing
Dizziness
Muscle tension
Teeth grinding
Chest tightness
Increased perspiration
Stomach aches
Increased or decreased appetite
Headaches
Insomnia

Mental Symptoms

Anxiety
Fearfulness
Impatience
Frustration
Easily irritated
Poor concentration
Crying spells
Worrying
Confusion
Boredom
Racing thoughts
Inflexibility

Listed below are some suggestions that can help you cope with stress:

Exercise

Regular exercise is one of the best ways to reduce stress. It improves overall health, relaxes muscle tension, increases self esteem and improves sleep.

Rest & Relaxation

Getting adequate sleep and taking time for peace and quiet can help you manage stress. Deep breathing and muscle relaxation techniques can be used to reduce tension. Try taking 6-8 long slow deep breaths when you are feeling stressed and see what a difference it can make.

Diet

Reducing or eliminating caffeine, cigarettes and sugar can reduce stress on the body, since all 3 are stimulants.

Acceptance and Positive Thinking

Recognize that some things are out of your control and accept that certain things can not be changed. Learn to set realistic goals for yourself and others. Sometimes using an “affirmation or positive statement can help, like: “I can take my time and do this.” Stop the “coulds”, “shoulds” and “if onlys” Take time to count your blessings.

Eliminate the Source of Stress

Recognize the events or situation that cause stress and avoid these whenever possible. Plan to avoid too many big changes at the same time. If there is a situation that you can realistically change, don't hesitate to change it.

Reduce Uncertainty

Always ask for information you need to help plan your day, make appointments or get feedback to change your work performance.

Get Organized and Prepared

Use a daily “Things to Do” list. Organize your house or workplace and use your time and energy efficiently by pacing yourself.

Assertiveness

Assertive communication is direct, honest, straight-forward, non-manipulative and respectful. It is important to learn how to make your feelings and thoughts known in an assertive way, not an aggressive way. Assertive communication is the ability to know “what to say”, and “how to say it” without hurting others. Employing assertive communication offers a better chance of getting everyone's needs met.

PART E

WEEKLY MOOD LOG

The Weekly Mood Log can be used to track and record your feelings and moods each day for a 1 week period. you allow yourself Increasing your awareness in this way may help you more easily recognize trends in either a positive or negative direction in your mood. Tracking these changes will allow you to more effectively evaluate the success of the coping strategies you have tried.



USING THE WEEKLY MOOD LOG

Purpose for the log:

- To keep track of how your feelings and moods change with certain circumstances in your life
- To see if becoming aware of these feelings by writing them down helps you feel better or different.
- To be able to talk about them to others now that they are written and you are aware of them.
- To become more aware of certain triggers that may cause certain feelings and thus be able to avoid what makes you feel sad or uncomfortable

How to use the log:

- Write the severity number (which is at the top of the page) in the block next to the symptom and under the appropriate day.
- Try to be aware of the feeling or mood that you are writing about at that moment rather than looking at the other day's ratings.
- Write important events that happened to you that day which may have triggered that certain feeling.
- Be free with your thoughts and feelings use the back of the log and more paper if needed.

WRITE BRIEF DESCRIPTION OF THE SIGNIFICANT EVENT

| | |
|------------------|--|
| <u>SUNDAY</u> | |
| <u>MONDAY</u> | |
| <u>TUESDAY</u> | |
| <u>WEDNESDAY</u> | |
| <u>THURSDAY</u> | |
| <u>FRIDAY</u> | |
| <u>SATURDAY</u> | |